

Outreach Newsletter

July Edition

2019





A note from the CEO

Welcome to the winter edition of the Outreach Newsletter.

It only seems like yesterday that I was writing something for the last one. I guess that time does fly when you are busy and when you have such a lot to do.

The Outreach mob have been exceptionally busy over the past few months, but that will probably look easy when we tell you what's in store for them in the next little while.

Outreach are now well prepared to deliver their last four Safe and Smart programs at the jail in the coming months whilst at the same time running their BBQ's and the normal DDE courses, which have been really packed this year. Of course there are also the remote community DDE's that are lining up to have the courses run in their patch. But the big job coming up is the 5 scheduled workshops at Lajamanu in the coming weeks and months.

The team will be running Strong Women's and Strong Men's workshops in Lajamanu over a period of days, and will be delivering a Family Wellbeing program as well. We are sending both the commit2 change and the Meth teams with the Outreach mob, as they too have a great deal to offer in this space.

These Lajamanu programs are quite an undertaking and will be delivered over the next few months, so that will add a great deal of pressure to Outreach and take a lot of additional time when added to their normal community outreach activity.

Naturally, Outreach is a service that works with people who need additional assistance to overcome their alcohol and/or drug problems and as their core business they are busy responding to these needs as well.

So as you can see, this group is getting busier by the day. We are trying to get another staff member for this team, but we are still waiting to hear if a funding application has been successful. I do hope so, otherwise we are going to have to have a good look at what we can and cannot do in months to come.

In the meantime, enjoy the cooler weather, because when it goes, the heat rolls in and we will start complaining about the excessive temperatures. Until then, enjoy and take care.

Cheers

Carole Taylor

TOWARDS ZERO

Campaign

Ten people have died on Territory roads so far this year. Four more than the same time last year.

That number is unacceptable, and this is why the Territory Government has a new Road Safety Action Plan with a strategy towards zero deaths and serious injuries on our roads.

Zero is the only acceptable number and that's why we are working Towards Zero.

The Towards Zero Action Plan has been developed with input from communities across the NT, to ensure it is meaningful for all Territorians, as well as key organisations such as Police, Fire and Emergency Services, St John's Ambulance and other road user groups.

The Plan identifies 11 key priority areas and actions relating to alcohol and drugs; seatbelts and child restraints; speed and driving to the conditions; roads and roadsides; safer vehicles; Aboriginal people; novice drivers; motorcyclists; pedestrians; visiting drivers; and cyclists.

Over the next five years, Government will address actions relating to the 11 priority areas, and consider further actions that are aimed at bringing us towards our goal of zero deaths.

A key element of the Action Plan is the best-practice Safe System approach, which acknowledges that mistakes and poor driver behaviour can occur, so in addition to driving responsibly, a safe system includes safe roads and roadsides, safe vehicles and safe speeds.

This is a whole-of-community responsibility and the Government encourage all Territorians to get behind these actions and initiatives and strive Towards Zero.

Go to towardszero.nt.gov.au for more information including details of a new grants program to support community initiatives towards zero deaths and injuries on our roads. Road Safety is everyone's responsibility and together, our goal is zero.

DASA have been doing their part in promoting the "Towards Zero" campaign, with Outreach promoting the campaign when they travel out to remote communities.



Harry the Companion Dog



It is with great sadness that we had to say goodbye to Harry, our much loved companion dog who lived at Aranda House.

Harry came to Aranda House a very sad dog who had been crying non-stop for years, and spent the last part of his life surrounded by affection and love, feeling happy and secure. We thank the Aranda House residents and staff for creating a special home for him.

Harry was our first ever companion dog at the rehab. His presence at Aranda House created a calming atmosphere for residents and staff alike.

He has proven that we need that kind of comfort and companionship in our facility, and as such we will continue to adopt more dogs like Harry.

Many staff and residents were affected by the sad passing of Harry. A Board Member, Phil Walcott wrote about him:

"So very sorry to read [of his passing]. I only finally got to meet

Harry when Shane [Frane] conducted his Cultural Healing session a couple of weeks ago, and then again last Thursday when I was visiting Aranda House to meet with a client."

Harry was a very friendly and happy hound. It appears that at least towards the end of his journey he knew love, affection and healing. I'm sure he'll be grateful for that. At 84, he's certainly earned the right to pass on with dignity.

As you cross gently over the 'rainbow bridge,' Harry, know that you were much loved and valued as a helping paw for so many. Light 'n' love to all who knew you, "Woof".



Rainbow Bridge
forever in our hearts...

The Truth About Drugs Program

The commit2change team is introducing the *Truth About Drugs* program into their group sessions.

The *Truth About Drugs* was developed by the Foundation for a Drug-Free World. The program contains practical tools to educate young people about substance abuse. It provides effective fact-based drug education aimed at reaching young people before they start experimenting with drugs.

The Foundation for a Drug-Free World is a non-profit public benefit corporation that empowers youth and adults with factual information about drugs so they can make informed decisions and live drug-free.

No one, especially a young person, likes to be lectured about what he or she can or cannot do. This educational program provides the facts that enable youth to choose not to take drugs in the first place. Also, the campaign consists of activities that youth can participate in which promote drug-free living. These activities are simple, effective, and can involve people of all ages.

Through a worldwide network of volunteers, 50 million drug prevention booklets have been distributed, tens of thousands of drug awareness events have been held in some 180 countries, and the award winning public service announcements have been aired on more than 500 television stations. These materials and activities have helped people around the world learn about the destructive side effects of drugs and, thereby, make the decision for themselves to not use them.



DASAs commit2change team present at the 2019 National Indigenous Men's and Women's Conference



Lyndsey Lloyd

AOD Case Manager commit2change Program

Lyndsey Lloyd is originally from Ireland. She came to visit Alice Springs for a 3 day tour to Uluru back in 2011, fell in love with the beautiful landscapes and stayed for almost 9 years. Lyndsey works as an AOD case manager and facilitator for the commit2change program, alongside a great mentor Craig Thorogood.

Lyndsey has worked in the community service sector in Alice Springs for over 5 years, gaining experience in the disability, aged care and youth sectors before finding her passion working in drug and alcohol rehabilitation with DASA. Having lived experience with alcohol and drug abuse, domestic violence and many years of self-destruction, this industry has made Lyndsey help herself and more importantly help others.

Lyndsey is a trained drug abuse testing officer and has achieved Certificate IV in Child, Youth and Family Intervention, Certificate IV in Alcohol and Other Drugs, and is currently finishing a Dual Diploma in Alcohol and Other Drugs and Mental Health. In her spare time, Lyndsey is studying crystal healing and training to be a skillful mind leader. Lyndsey enjoys camping, and physical exercise out bush in the cooler months.



Craig and Lyndsey were invited to present at the 2019 National Indigenous Men's and Women's Conference held in Alice Springs on 24-26 July.

DASA's dynamic duo gave separate presentations about the commit2change program to men and to women attending the conference.

They especially enjoyed speaking about the very popular Peace Education Program that they deliver in after hours sessions as part of the commit2change service. As expected

both conference presentations went very well. Lyndsey presented first, and in Craig's words "she knocked it out of the park!" Craig's presentation was next, he had some technical issues and had to think outside of the box. With his quick wit, he was able to change the way he was going to present, and still delivered exceptionally well. As you can see above, he was quite comfortable, despite having to wing it without his slides!